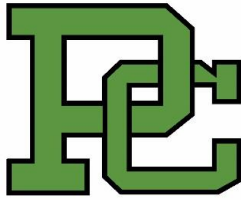


# PROVIDENCE CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT

1800 W. Lincoln Highway, New Lenox, IL 60451



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## 2019 TRYOUTS/PRACTICES FOR FALL SPORTS

10<sup>TH</sup>, 11<sup>TH</sup> & 12<sup>TH</sup> GRADES MUST HAVE ATHLETIC PHYSICAL

After Aug. 12<sup>th</sup> you will not be allowed to practice without a physical turned in to your Coach or Athletic office.  
(If the athletic physical is or was turned into the Main Office, it will be given to the Athletic Office.)

**IMPORTANT - FRESHMEN DO NOT HAVE TO HAVE A SPORTS PHYSICAL –  
THE DEPARTMENT OF HEALTH PHYSICAL GIVEN TO THE DEANS OFFICE WILL  
SUFFICE THE REQUIREMENT**

### FOOTBALL

ALL LEVELS

Monday, August 12<sup>th</sup> – Friday August 16<sup>th</sup> – 3:00 P.M. Saturday, August 17<sup>th</sup> – 7:00 a.m.  
T-Shirts, Shorts, Helmet and Football shoes.

### GOLF – BOYS

**FROSH/SOPH:** Monday August 12<sup>th</sup> – 6:45A.M. Meet at Mistwood GC  
**VARSIITY:** August 13<sup>th</sup> & 14<sup>th</sup> - 3:30 P.M. Meet at Mistwood Golf Course  
(1700 W. Renwick Rd. Romeoville, IL)

### GOLF – GIRLS

ALL LEVELS

August 12<sup>th</sup> - 3:00 P.M. August 13<sup>th</sup> - 3:52 P.M. August 14<sup>th</sup> – 3:00 P.M.  
Woodruff Golf Course, 621 N. Gougar Rd.

### CROSS-COUNTRY

ALL LEVELS

**BOYS -** August 12<sup>th</sup> - Fr/Sophs 3:00-4:30 PM - Jrs & Srs. 3:00 – 5:00 PM  
**GIRLS -** August 12<sup>th</sup> – 3:00 – 5:00 P.M.  
**Practice on campus (Bring stopwatch, proper running shoes and attire for weather).**

### GIRLS TENNIS

Aug. 12th & 13<sup>th</sup> (JV) 3:30 – 5:00 PM (Varsity) 5:00 – 7:00 PM  
Meet at Challenge Fitness Racquet Club - 2021 Lawrence Ave, Lockport, IL 60441  
Come dressed and ready to play. Must find own rides to Challenge Fitness a bus will not be provided for tryouts.

### GIRLS

### VOLLEYBALL

FROSH August 12<sup>th</sup> & 13<sup>th</sup> 2:30 P.M. – 4:00 P.M.  
SOPHS August 12<sup>th</sup> & 13<sup>th</sup> 3:00 P.M – 5:00 P.M.  
VARSIITY August 12<sup>th</sup> & 13<sup>th</sup> 5:00 P.M. - 7:00 P.M.  
**Team practices begin August 14<sup>th</sup>.**



### BOYS SOCCER

ALL LEVELS

August 12<sup>th</sup> -14<sup>th</sup> 3:00-5:00 P.M. (Must show up all three tryout days)  
(All players must bring shin guards, cleats and either indoor or running shoes.  
Tryouts may be extended due to inclement weather or the coach's discretion.)  
**Practice will start on Sat. August 17<sup>th</sup> 8:00 - 10:00 A.M.**  
**Starting the week of August 19<sup>th</sup> practices will be at 3:00 P.M.**